

(particularly suitable for baseball, softball, cricket, football and other sports as identified in each game)

striking/fielding games

The aim of striking/fielding games is to score more points/runs than the opposition after a specified time. The games encourage participation in various positions (strikers, runners, fielders, bowlers) by all players throughout the games. Each of these positions employ specific strategies.

The movement skills involved in these games are complex and varied but may include the following

- gross locomotor skills — running, jumping, changing directions
- hitting a ball
- stopping a ball along the ground or in the air (catching)
- throwing to a target (eg stumps, other players)
- bowling or pitching.

Many of these movement skills are used in combination to result in a specific action, eg a bowler runs with the ball and then releases it, a softball batter hits the ball and then runs to first base.

Modifications that can be made to suit the specific needs of players include

- size of the bats and balls used
- size and dimensions of playing field
- hitting and delivery mechanisms, eg bowler, bounce ball, tee
- number of players on each team
- allow more time to hit and field the ball
- scoring systems (eg bonus points for particular plays).

Striking/fielding games encourage players to participate in a variety of positions that develop skills and techniques in a fun and enjoyable environment.

NAME:

zones

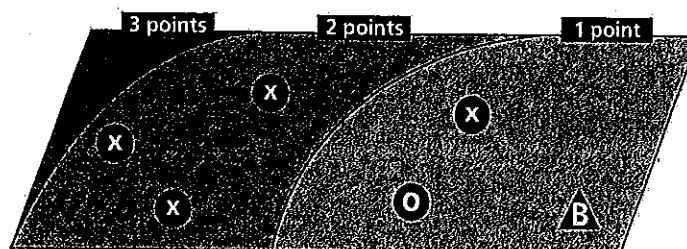
PURPOSE:

To determine appropriate placement of the ball to increase scoring opportunities

To work as a team to cover playing space to keep the batter's score to a minimum

EQUIPMENT:

- A rectangular playing field marked as in diagram
- One paddle bat and sponge ball



HOW TO PLAY:

- Groups of six players — one batter (B), one bowler (O), four fielders (X)
- The bowler bounces the ball or throws underarm to the batter
- The batter hits the ball into the field of play aiming to score as many points as possible
- Points are awarded according to the zone in which the fielder retrieves the ball
- The fielders return the ball to the bowler each time
- No points are awarded if the ball is caught on the full by the fielders
- Five hits are allowed before players rotate positions

SAFETY:

- Position the bowler a safe distance from the batter

FOCUS QUESTIONS:

Batters

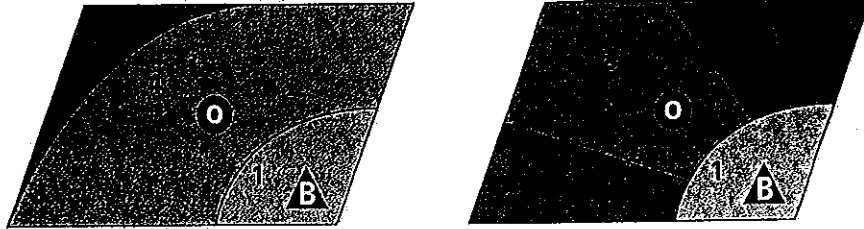
- What type of shot will help you score high points — along the ground, in the air, a hard hit, well timed?
- Where is the best space to place the ball to score most points?

Fielders

- What are the consequences of fielding close to the batter?
- What are the consequences of fielding in the 2-point zone?
- If the batter is scoring freely, what other options do you have for reducing the score?

VARIATIONS:

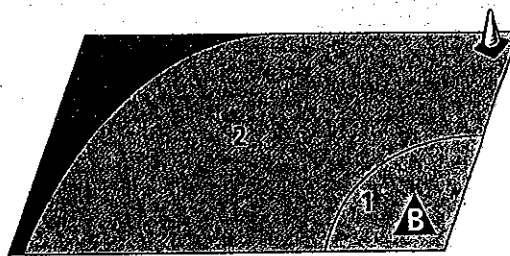
1. Use different target zones



Focus questions

- Which field placements will keep the score low?
- How can you deceive the batter?

2. After each hit allow the batter to score bonus points by running to a set area (eg cone). One point is awarded if the batter reaches the cone before the ball is thrown to a fielder at the cone.



Focus questions

- Where can the batter hit the ball to give them a better chance of scoring a run?
- How can fielders help each other to get the ball to the fielder at the cone?

3. Arrange players into two teams (eg 4 v 4) and add each batter's score to obtain a team score

Focus questions

- How can you use your opponent's score to determine how you might position yourself on the field?
- How might you use your opponent's score to determine appropriate options when batting?

4. Change the skills/equipment required, eg hit the ball from a tee (eg softball, cricket)

Focus questions

- What risks are evident with a horizontal hit?
- How has the change affected your shot selection?

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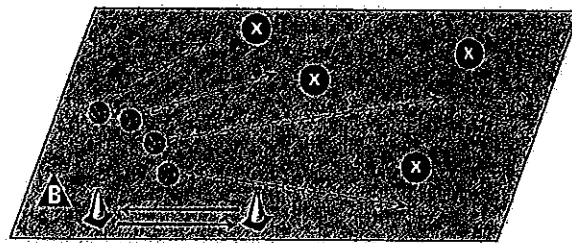
hit 4 and go

PURPOSE:

To explore when to take risks and when to play safe while attempting to score runs

EQUIPMENT:

- A rectangular playing field
- One paddle bat and four sponge balls (or equipment that suits your sport)
- Two markers to indicate running zone



HOW TO PLAY:

- Two even teams (eg 4 v 4), one fielding and one batting
- The batter (B) throws the first ball in the air then hits the ball into the field of play, repeating with the other three balls
- Once all balls are hit, the batter runs between the markers and home as many times as possible (up and back counts as 1 point)
- The fielders (X) retrieve each ball and throw it to home base as quickly as possible (the fielder calls 'stop' after catching the fourth ball over home base)
- Each team member bats before teams swap roles
- The batting team must keep score

SAFETY:

- Ensure the game is played on a smooth surface (eg grass or gymnasium)
- The running zone for the batter should be a safe distance from the fielders

FOCUS QUESTIONS:

Batters

- Where should each of the balls be hit to allow maximum time for running between markers?

- When do you decide to risk another run?

Fielders

- How do you decide who moves to home base to catch the four balls?
- How can you work together to field all the balls?
- How can you avoid more than one ball at a time being returned to the 'catcher'?

VARIATIONS:

1. The batter loses a point if any ball is caught on the full

Focus questions

Batters

- Where should each of the balls be hit to allow maximum time for running between markers?
- When do you decide to risk another run?
- Will you risk hitting the ball so that it doesn't bounce? Why/why not?

Fielders

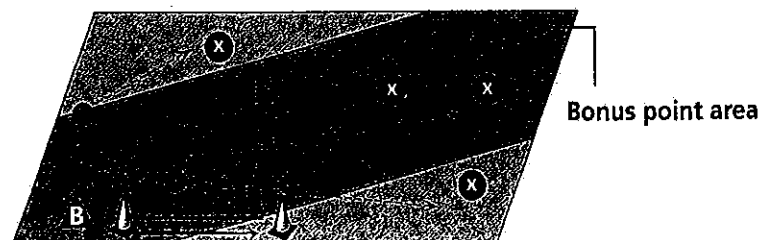
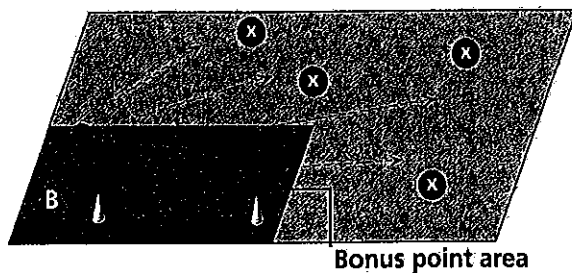
- How do you decide who moves to home base to catch the four balls?
- How can you work together to field all the balls?
- How can you avoid more than one ball at a time being returned to the 'catcher'?

2. Move the markers further apart

Focus question

- What difference does the extra length make?

3. Bonus points (eg 2) are awarded if the ball is hit so that it bounces in a set area



Focus questions

- What influence will the bonus point area have on the fielding side's positioning?
- What influence will the bonus point area have on the batter's options?

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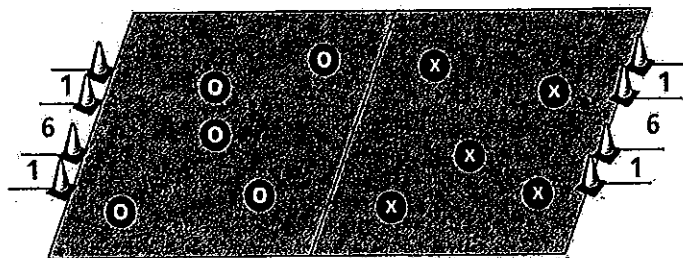
go for goal

PURPOSE:

- To determine appropriate shot selection and placement to increase scoring opportunities
- To work as a team to cover the playing space to keep the batter's score to a minimum

EQUIPMENT:

- A rectangular playing field with four goal posts (eg large cones) at either end (see diagram)
- Two bats and one sponge ball, teeball stand, cricket tee or equipment that suits your sport



HOW TO PLAY:

- Two even teams (eg 5 v 5), each with their own playing area
- Each team has a bat
- The batter can hit the ball from anywhere on the field
- The batter throws the ball up and hits it, or hits from a tee and tries to place the ball between the posts at the other end of the field
- Six points are scored if the ball passes between the middle two posts and 1 point if the ball passes through the outside sets of posts
- Points are doubled if the ball goes through the posts on the full
- No points are scored if the ball is caught or stopped prior to reaching the posts
- Hits alternate between teams
- All players are required to have a turn at hitting the ball
- The batter may hit from anywhere they like in their own area

SAFETY:

- Play on a grassed area
- The bat should not be thrown
- Ensure sufficient space is maintained between the batter and their team-mates

FOCUS QUESTIONS:

Batters

- What type of shot will help score double points?
- If the fielders are over-guarding the 6-point zone, will you take a risk to go for the points or play it safe and go for 1 point?

Fielders

- What emphasis will you place on protecting each scoring zone?
- Is it better to stand close to the batter or the posts when waiting for the ball to be hit?

VARIATIONS:

1. **Award bonus points to the fielding team (eg 2 points) if the ball is caught on the full after being hit**

Focus question

- Is it worth trying to get the bonus points? If so, what changes will be made to your fielding positions?

2. **A return hit is made by the opposing team from where the ball is fielded. Teams continue to alternate hits and each player must take a turn at hitting even though they may not have fielded the ball.**

Focus question

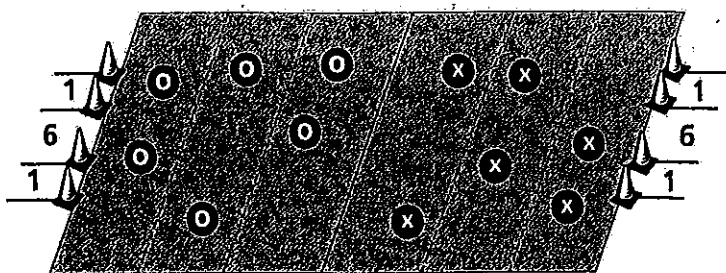
- How can you attack the ball when fielding in order to get into a better scoring position?

3. **The ball must be passed three times before it can be hit through the goal posts**

Focus question

Who and where will you pass to?

4. **Add zones to each half of the field and only allow a limited number of players (eg 2) in each zone. The ball should be hit from the front part of their own playing field.**



Focus question

- How can each zone work together to make it difficult to get the ball through the posts?

Baseball
Cricket
Softball
Teeball

NAME:

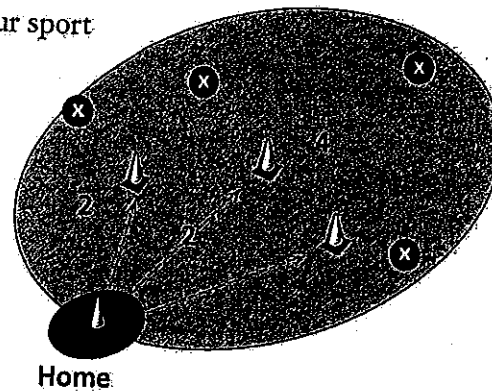
up and back

PURPOSE:

- To explore different options for batting the ball to maximise scoring
- To determine how to work together to keep a batter's score to a minimum

EQUIPMENT:

- Four markers to designate running area
- Additional markers to indicate boundary
- One bat or ball, or equipment that suits your sport
- A softball/baseball tee if available



HOW TO PLAY:

- Groups of five players
- Each player takes it in turns to be the batter while the others are fielders
- The batter throws the ball into the air and hits it, or hits the ball off the tee anywhere into the field of play before running up and back to a marker
- Each batter has three hits before the next player takes over as batter
- Different markers are worth different points
- The fielders have to throw the ball back to home base where one of their team-mates has moved to catch it
- Two points are deducted if the batter is caught running between markers, ie the ball is thrown back to home before the batter

SAFETY:

- Ensure that fielders do not interfere with the batter running between home and the markers

FOCUS QUESTIONS:

Batter

- What area of the playing field is less protected by the fielders?
- Which part of the playing field would make a return throw difficult?
- How can you deceive the fielders so that they don't know where you are going to hit the ball?
- When will you risk going for more points?
- How can you hit the ball to give yourself a better chance to score more points?

Fielders

- How can you work together to best cover the space available to the batter?
- How can you help each other if there is a misfield?
- Who is the best person to move to receive the return throw over home base?
- What can you do if the fielder is too far away to get the ball directly to home base?
- As fielders, how might you put pressure on the batter so that they choose an easier option?

VARIATIONS:

1. **Change the rules so that the batter is out or scores no points if the ball is caught on the full**

Focus question

- How can you play safe and keep the ball close to the ground?

2. **Vary the skills to be used, eg fielders can only kick the ball**

Focus question

- How can the kick be controlled?

Baseball
Cricket
Softball
Teeball

NAME:

beat the ball

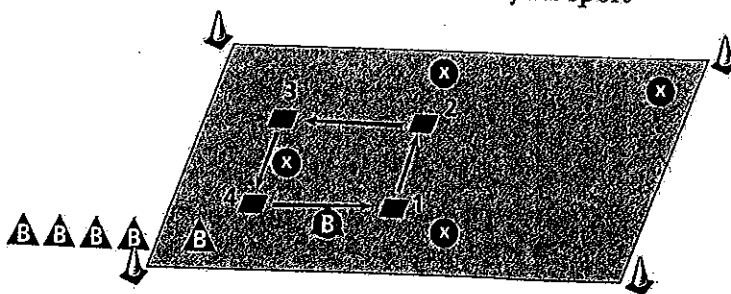
PURPOSE:

To explore options for placement of the ball and to increase the chances of a run being scored

To improve communication between fielders to stop runs being scored

EQUIPMENT:

- Four softball bases
- Markers to indicate playing boundaries, one marker to indicate bowling distance
- One bat and one ball or appropriate equipment to suit your sport



HOW TO PLAY:

- Two even teams (eg 5 v 5)
- The batter (B) hits a bowled ball (underarm throw) and runs around the bases (1-2-3-4)
- The fielders (X) retrieve the ball and pass it around the bases (3-2-1-4) in the opposite direction
- If the batter beats the ball back, one run is scored for the batting team
- If the ball beats the batter home they are 'out' and no run is scored
- All batters have a turn before fielders and batters change roles

Note: Fielders must be at least a metre away from a base until they are about to catch the ball. The ball must be hit within the boundary area. If the ball is hit outside the boundary area the hit must be re-taken.

SAFETY:

- Ensure fielders do not interfere with or block the batter's progress
- The batter should know where the ball is at all times

FOCUS QUESTIONS:

Batter

- Where should you hit the ball to give you more time to run?

- If the fielders have closed off the space where you want to hit the ball, what other options are available?
- Where will you aim to hit the ball?

Fielders

- Where will you stand on the field? Why?
- How can you be ready to back each other up if the ball is misfielded?
- How will you work out how to cover all bases so that the ball can be thrown quickly back to home base?

VARIATIONS:

1. a) **Change the format for scoring, eg the batter gets 1 point for each base touched before the ball returns to home base or batter can run around bases more than once**
 b) **As above, but if the batter is between bases when the ball returns to home base, then no runs are scored**
 c) **If the ball beats the batter home, the fielders get 1 point**

Focus questions

- When might you risk trying to run another base?
- When will you choose not to run another base?
- As fielders, when will a slower more accurate throw be a better option than a faster delivery?

2. **Vary the skills to be used, eg**
 - a self feed
 - a cooperative feeder
 - a hit from a T-ball stand
 - an overarm bowl
 - a throw or kick into the field of play
 - fielders kick the ball between bases etc

Focus question

- Which method made it harder to find a space on the field?

3. **Change the rules so that if the ball is caught on the full, the batter is out**

Focus questions

- When is it best to play safe and hit the ball along the ground?
- When is it worth risking a high ball?
- As the bowler, how can you deliver the ball to try to force the ball to be hit into the air?
- As the fielders, where are the most likely areas for the ball to be caught on the full?

4. **Change the rules so that all fielders except the bowler must be outside the infield until the ball is hit**

Focus questions

- Where could you hit the ball to make it hard for the fielders?
- How can you work as a team to field the ball to cover all bases?

NAME:

continuous cricket

PURPOSE:

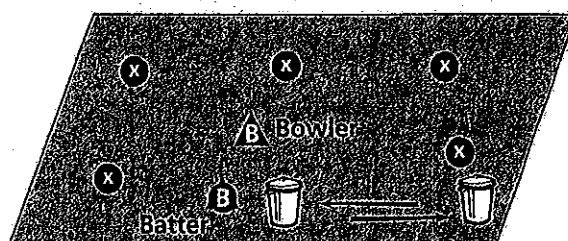
To discover how to play attacking shots which will allow runs to be scored

To maintain accuracy in bowling to get the batter out

To determine how best to cover the fielding and to combine with others to keep scoring to a minimum

EQUIPMENT:

- Two garbage bins (or equivalent)
- One marker, one cricket bat, one tennis ball or appropriate equipment to suit the game



HOW TO PLAY:

- Groups of six to 10 players
- Each player has a turn at batting, bowling and fielding
- The ball is bowled underarm from the marker
- The batter must attempt to hit the ball and if successful must run to the other bin and back
- The fielders retrieve the ball and return it to the bowler for the next delivery
- The ball can be bowled even if the batter is not ready to hit again
- The batter is out if caught or bowled out, or if their bat hits the wicket
- Once the batter is out, players rotate positions

Note: No more than one bounce is allowed before the ball gets to the batter

SAFETY:

- Ensure fielders do not interfere with the batter running
- The batter must run with the bat and not throw it on the ground

FOCUS QUESTIONS:

Batter

- Where should you aim to hit the ball to give you a better chance of scoring a run?
- How can you complete the run and still know where the ball is?

Fielders

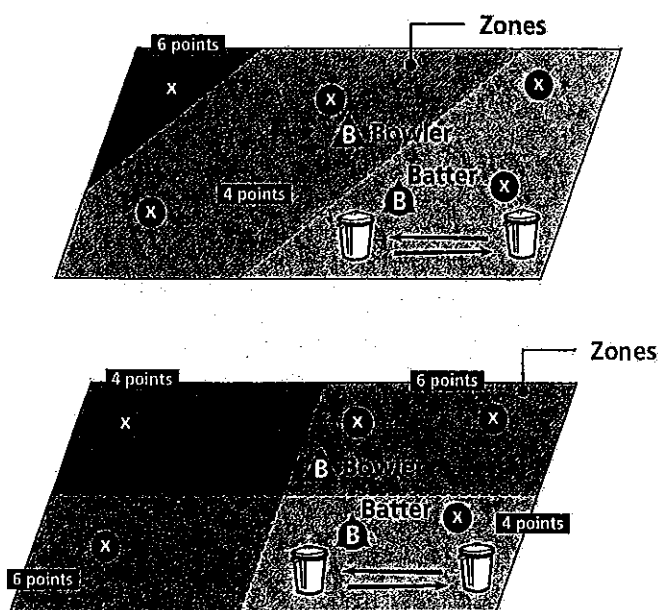
- How can you work together to best cover the space available to the batter?
- Does the batter have a favourite shot? How can you try to be ready for this?
- How can you get the ball quickly back to the bowler?

Bowler

- Where will you aim the ball to make it hard for the batter or to get them out?

VARIATIONS:

1. Add zones where bonus points are scored if the ball is fielded in them



Focus questions

Batter

- How can you score points without getting out?

Fielders

- Is it worth covering the zone with more bonus points? Why/why not?

2. Have a runner at the other end, allowing either to bat the ball from the batting wicket

Focus questions

Batter/runner

- How can you let each other know whether there is more than one run to be scored on each hit?